

THE BLOKEHEAD SERIES
**10 DAY
GREEN SMOOTHIE
CLEANSE**

*50 New And Fat Burning **Paleo Smoothie Recipes**
For Your Rapid Weight Loss Now*

10 Day Green Smoothie Cleanse

**50 New And Fat Burning Paleo Smoothie Recipes
For Your Rapid Weight Loss Now**

Yap Kee Chong
8345 NW 66 ST #B7885
Miami, FL 33166

Digital Edition
Copyright 2014

All Rights reserved. No part of this book may be reproduced or used in any way or form or by any means whether electronic or mechanical, this means that you cannot record or photocopy any material ideas or tips that are provided in this book.

Get Notice of Our New Releases Here!

<http://eepurl.com/7tcHf>

Like Us On Facebook

<https://www.facebook.com/theblokehead>

Check Out Our Other Books

**Self Sufficiency: A Complete Guide for
Family's Preparedness and Survival!**

<http://www.amazon.com/dp/B00QAS3HD8>

**Super Immunity SuperFoods:
Super Immunity SuperFoods That Will Boost Your Body's Defences& Detox Your
Body for Better Health Today!**

<http://www.amazon.com/dp/B00QH01KH4>

Health

**Ebola Outbreak Survival Guide 2015: 5 Key Things You Need To Know About The
Ebola Pandemic & Top 3 Preppers Survival**

<http://www.amazon.com/dp/B00PH8QKG8>

**The Ultimate Body Weight Workout:
Transform Your Body Using Your Own Body Weight**

<http://www.amazon.com/dp/B00QF5VCW4>

[Publishers Notes 5](#)

[Introduction 6](#)

[Chapter 1- Global Importance & The History of Smoothies 8](#)

[Chapter 2- Multitude Benefits of Green Smoothies 10](#)

[Chapter 3- 10 Day Green Smoothie Cleanse 12](#)

[Chapter 4- Thirty Tips For Great Green Smoothies 16](#)

[Chapter 5- 50 Paleo Smoothie Recipes 20](#)

[About Us 39](#)

PUBLISHERS NOTES

Disclaimer

This publication is intended to provide helpful and informative material. It is not intended to diagnose, treat, cure, or prevent any health problem or condition, nor is intended to replace the advice of a physician. No action should be taken solely on the contents of this book. Always consult your physician or qualified health-care professional on any matters regarding your health and before adopting any suggestions in this book or drawing inferences from it.

The author and publisher specifically disclaim all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, from the use or application of any contents of this book.

Any and all product names referenced within this book are the trademarks of their respective owners. None of these owners have sponsored, authorized, endorsed, or approved this book.

Always read all information provided by the manufacturers' product labels before using their products. The author and publisher are not responsible for claims made by manufacturers.

Digital Edition 2014

Manufactured in the United States of America

INTRODUCTION

Smoothies are one of the most popular concoctions that show up on many menus. In fact, they are so popular that there is a virtually limitless supply of recipes for different types of smoothies and people are able to enjoy them regardless of where they are, ranging from a favorite restaurant to a street fair. They have become so ingrained into the culture, especially in the United States, that they can be found virtually anywhere. Of course, some smoothies are healthier than others, as it all depends on the specific type of ingredients that are included. Furthermore, some smoothies are made for taste and others, such as green smoothies, are made for the express purpose of helping people experience better health and to prepare their bodies for certain activities such as intense athletic endeavors.

Increased Energy

Many people choose to use smoothies as a replacement for traditional meals because they are packed with nutrients and they are low in fat. A green smoothie is capable of providing a person with enough nutrients to give him far more than what is considered the minimum amount of daily vitamins and as a result, it can provide enough energy to get a person through all of the demands of the day with energy to spare. This makes green smoothies a popular choice for anyone that is involved in athletic endeavors and it is an equally popular choice for individuals who are simply trying to live a healthier lifestyle and lose weight.

Nutritional Support

Many smoothies are made with fruit that is mixed with milk or yogurt and crushed ice. Still other recipes utilize fruit juices, especially those that need to be dairy free for someone that is lactose intolerant. However, it is safe to say that there is a specific smoothie recipe that is available for virtually every type of individual and every need. For example, green smoothies offer a number of potential health benefits that are not typically experienced by drinking traditional smoothies. They involve using green leafy vegetables in conjunction with yogurt or fruit juice that is mixed with crushed ice in order to provide a potent blend of vitamins and nutrients for the body. Many people think that these types of smoothies can help stave off certain illnesses or help the body recover after illness or injury. The smoothies are an almost perfect complement for anyone that leads a busy lifestyle and needs to ensure that their body is receiving all the nutritional support possible at any given time.

CHAPTER 1- GLOBAL IMPORTANCE & THE HISTORY OF SMOOTHIES

Many people think that smoothies are a relatively new trend and some people even believe that they are nothing more than a passing fad. The truth is that smoothies have been around for thousands of years, although they have been known by various names around the world. The point is that similar drinks that are made using many of the same ingredients that are popular in today's smoothies have been made for years and years. In addition, some people have enjoyed drinking these concoctions since before the birth of Christ and they have been enjoyed all over the globe. For example, people have been drinking them in places like India, Indonesia, Vietnam and the Philippines long before they ever became popular in the United States.

Growing Popularity

In fact, it was not until blenders became widely available in the United States that smoothies truly started to gain in popularity. This was largely because it was virtually impossible for people in households across America to make them without a powerful blender that could handle grinding up all of the various ingredients that were required to make the perfect smoothie. As a result, it was not until the 1960s and 1970s that they truly started to become popular. For a period of time their popularity faded and then it began to experience a gradual resurgence in the 1980s as more people were becoming concerned with exercising and living healthier lives. As a result, people were making smoothies and adding nutritional supplements to them in order to maximize their potential health benefits.

Green Smoothies



Green smoothies have not been popular for nearly as long and have only fairly recently started to take hold of the general population. This is largely because many people have become concerned with either preventing or successfully dealing with certain health conditions such as high blood pressure, heart disease, obesity and diabetes. As people have become more and more aware that many diseases can be successfully managed with a certain diet and that some diseases can even be prevented or reversed by consuming certain foods, green smoothies have become much more popular. This is largely because people have started to believe that consuming several large portions of green leafy vegetables on a daily basis can help them manage a wide variety of health conditions. It can be extremely difficult to incorporate this many vegetables into traditional meals. As a result, more people are making the decision to make green smoothies instead. This is especially true for anyone that leads an extremely busy lifestyle and simply does not have the time to try to consume all of the servings of vegetables by eating them.

CHAPTER 2- MULTITUDE BENEFITS OF GREEN SMOOTHIES

There are actually many benefits to making a habit out of drinking green smoothies. For instance, consuming them on a regular basis actually boosts the immune system and can potentially reduce the number of times that a person gets sick on a yearly basis. In addition, these smoothies are an ideal way to maintain energy levels and get that extra boost of energy that is so important for optimal health. Instead of eating unhealthy foods that are packed with sugars or overindulging on caffeine and energy drinks, green smoothies provide a truly healthy way of boosting energy and then helping to maintain that level of energy for longer periods of time. They can also help people lose weight because they provide so many nutrients without packing on the pounds with a bunch of empty calories. This makes them the ideal solution for people that need to fuel up before a workout and then provide nutrients after a workout so the body can recover. It is also surprising for many individuals to learn that green smoothies are great way to stay hydrated. This is because of all of the water that is naturally contained in green leafy vegetables. As a direct result, consuming them regularly is a good way to deal with problems like constipation or irritable bowel syndrome.

Additional Benefits

The benefits do not end there. Green smoothies are an effective way to eat healthy and experience dramatic health benefits without spending a ton of money in the process. They are also easy to make so virtually anyone that can safely operate a blender can handle it. Many of these smoothies have an excellent taste and this can help children that are picky eaters get the nutrients they need without trying to force feed green leafy vegetables down their throats on a daily basis. Finally, one of the most important benefits is that they can be made very quickly so they are a near perfect solution for anyone that is busy and simply does not have time to eat properly otherwise.



Summary

Imagine being able to find delicious and nutritious recipes that are quick and easy to make and that require very little money to purchase the ingredients. Green smoothies accomplish all of these goals. The added health benefits that they provide and the fact that individuals can have dramatically increased levels of energy while losing weight solidifies the fact that green smoothies are here to stay. Moreover, they will likely become an even bigger staple in people's diets as time goes on.

Losing weight is a very hard process that requires willpower, hard work, and dedication in order to reach the desired goal. Many people who try to lose weight can have a very difficult time getting the weight off and/or keeping it off because they try to lose weight without properly learning how to cleanse their bodies first. That is where the 10 Day Diet Green Smoothie Cleanse comes in. The creator J.J. Smith is a certified nutritionist and life coach from Virginia. She designed this cleanse in 2013 after needing to lose weight herself and to help other lose weight and feel great. Most people do not realize that they must make a complete life change and not just diet to lose the weight then go back to all the unhealthy habits. The 10 day green smoothie cleanse shows individuals how to detox their bodies by getting rid of all the toxins that have been consumed from processed foods and other impurities that are not healthy for us. This is the first step and the most important step because toxins in the body can tend to make us fatigued and weigh us down. By getting rid of them, we have more energy and are able to burn the stored fat. This leads to our ultimate goals of weight loss and becoming healthy.

The 10 day green smoothie cleanse consists of drinking three smoothies for 10 days straight. These smoothies are made up of vegetables, fruits, and water. The blending process is very simple and can be done in under 10 minutes. You even get to choose the vegetables or fruits of you want to use, as long as they are raw and organic. The recipes for green smoothies are endless. You can mix and match or switch and swap the ingredients as you please, to create drinks that are tasty, filling, and healthy. Some of the more popular vegetables to use include:

- Spinach
- Collard greens
- Mustard greens
- Arugula
- Kale
- Turnip greens

These leafy green vegetables provide some of the essential vitamins our bodies need like vitamins A, C, E, and K. Due to the taste of the vegetables alone, fruits are added to make it a more pleasurable drink. Combined together, they give us not only key vitamins but also provide us with minerals, antioxidants, fiber, and substances that are anti-inflammatory. Furthermore, it has been said that the cleanse will help improve sleep, aide in better digestion, provide mental clarity, clear your skin, aide with bloating, and increase energy levels.

This cleanse is not about just consuming green smoothies alone, it also makes room for snacks. During the 10 days of cleansing, you are allowed to eat healthy snacks such as:

- Cucumbers
- Celery
- Apples

- Carrots
- Unsweetened peanut butter
- Unsalted nuts
- Unsalted seeds



- Hard boiled eggs

Foods you need to stay away from are:

- Fried foods
- Refined carbohydrates
- Meats
- Coffee
- Processed foods
- Fried foods
- Liquor
- Beer
- Regular sodas
- Diet sodas
- Milk
- Cheese
- Refined sugars

Also, it is important to consume adequate amounts of water every day. The recommended amount is at least eight glasses or 64 ounces and you can even have herbal tea and detox tea, whichever one you choose.

The overall goal of the cleanse is to cleanse you internally in 10 days to prepare you for the next stage of your healthy lifestyle journey. It may be hard though to stick to the cleanse in the beginning. There have been reports of experiencing low energy levels, diarrhea, smelly gas, and headaches. However, these symptoms are temporary and tend to go away around the 3rd or 4th day, depending on the person. If you are persistent and stick with it you will see results.

The most common amount of pounds lost has been reported at around 10-15 pounds and users commented on feeling better overall. J.J. Smith is living proof herself that her 10 day green smoothie cleanse does work. No matter how hard it is in the beginning, it will feel great to be on day 10 and look back at day 1, to see how far you have come and how great you feel and look. You can then turn and look forward, towards your journey of healthy living forever.

CHAPTER 4- THIRTY TIPS FOR GREAT GREEN SMOOTHIES

Everyone knows about the regular fruit smoothies, but how about green smoothies? As the name suggests, green smoothies are veggie based, and they are so health packed and delicious that everyone should be drinking one a day – especially if you are concerned with losing weight or improving your energy levels.

Here are thirty top tips and recipe ideas to get you going.

1. Invest in a purpose made high powered smoothie blender. This isn't essential (see below) but if you're going to be making a lot of smoothies, it does help make the process quicker and easier.
2. Ensure that all the utensils you are going to use, especially the blender goblet, are clean and have been rinsed in hot water to remove any remaining soap residue.
3. Use only the very freshest ingredients, as close to the point of being harvested as possible.
4. Buy from farmers' markets when you can, local small growers will have the best tasting choice of veggies and fruits, even if they don't always look supermarket perfect.
5. Buy organic ingredients, not because they have more vitamins or minerals (although they may have) but because of what they don't have – chemical herbicides and pesticides and fertilizers.
6. Before you blend them in an ordinary blender, most ingredients benefit from being cut into smaller chunks with a very sharp knife. Greens should be shredded, and veggies should be in cubes around one inch or less.
7. At first, follow recipes rather than make your own mixtures, this will help you learn what you like and dislike, and what unusual combinations are real winners.
8. If you are using green smoothies as part of a weight loss program, try keeping a smoothie in the fridge, and sip it when you would normally eat a snack.
9. Green smoothies need more liquid than fruit smoothies – typically 10 to 12 ounces.
10. Choose filtered water as your base, or ring the changes with coconut water, almond milk, soy milk or half juice, half water. If you're not concerned about weight gain, then you can use whole juice.
11. Add the liquid first and start to blend before you add the solid ingredients. This creates a vortex, and makes for a faster and smoother blend.
12. Add fruit before you add the veggies. Fruit typically gets slushy more quickly than vegetables do.
13. If you plan to use yogurt or honey, add these after you blend in the fruit and before you add the veggies.
14. Use the pulser to ensure that things break down in the goblet quickly.
15. Start blending at slow speeds, and get faster as you go.
16. Make sure the lid is firmly placed on the blender, and stop blending to add ingredients,

unless you are using a very slow speed.

17. If you don't seem to be blending too well, stop, use a wooden spoon to push the fruit and veggies onto the blades, and start again at the slowest speed, increasing speed gradually.

18. Add ice last of all. For extra zip, make ice cubes from pure fruit juice or veggie juice.

19. You get the most benefit if you drink your smoothie right away.

20. You can store a smoothie in a covered container in the fridge for a day or two. An insulated drinks container works well.

21. Blend fresh pineapple, coconut water, unsweetened coconut, a few raisins, raw cashews and a handful of spinach for a Pina Colada green smoothie

22. An orange, a small banana, plain yogurt, a handful of raw green peas, half a handful of strawberries and filtered water (if you like a lighter consistency) make a Pea Green smoothie

23. A small bundle of watercress, a dash of salt, pepper and vinegar and a can of V8 make a London Pride

24. A cup of bean sprouts, fresh pineapple, almond milk, a dash of soy sauce, two button mushrooms and a dozen lychees make a Peking Warrior

25. Blackberries, almond milk, a banana, a large sprig of broccoli and raw cashews make a Dark and Dangerous

26. Half a cucumber, an inch or two of fresh ginger, a teaspoon of honey, and the juice of half a lime make a Green Queen

27. A handful of mint leaves, a handful of spinach leaves, filtered water, half an apple and some shelled pistachio nuts make an Eye Opener

28. Orange juice, a peach, filtered water, a handful of greens and some seedless green grapes make a Down South

29. You can play with proportions of these and any other green smoothie ideas until you get what you like.

30. If you only have one green smoothie a day, drink it at breakfast time to start your day with an energy explosion!

CHAPTER 5- 50 PALEO SMOOTHIE RECIPES

If you've been following the Paleo Diet, you know that food preparation can be time consuming. A smoothie is a great way to fulfill nutrition requirements when short on time. Below are 50 of the best Paleo Smoothie Recipes available. Simply process all ingredients in a blender until smooth.

Strawberry Coconut Almond

- 8-10 small frozen strawberries
- 3 fresh strawberries
- 1 c. coconut milk
- 1 t. almond butter
- 1 t. honey

Chocolate Avocado

- 1 avocado
- 2 frozen bananas
- 1/2 c. frozen or fresh raspberries
- 1-2 T. unsweetened cocoa powder
- 2 c. almond or coconut milk

Cinnamon Coconut Banana

- 1/2 c. coconut milk
- 4 large egg yolks
- 1 medium banana
- 1/4 c. ice
- 1/2 t. cinnamon

Mixed Berry Chocolate

- 1 c. frozen mixed berries
- 1 c. coconut milk
- 2 T. Paleo chocolate protein powder
- 1 t. of gluten-free jam
- Dark chocolate shavings

Strawberry Banana Watermelon

- 1/4 c. water
- 4/5 c. diced watermelon
- 1/2 c. sliced strawberries
- 1/2 medium banana

1/4 c. ice

Emerald Kale & Mango

1 diced mango
2 c. kale
1/2 lime, juice only
1 diced kiwi
1 c. coconut milk

Chocolate Coconut Butter

2 oz. water
2 T. coconut butter
¼ banana
2 t. cacao powder
2 oz. ice
3 drops Stevia

Winter Green

3 c. chopped kale
2 diced pears
1/2 c. fresh cilantro
1 diced & peeled cucumber
2 in. fresh ginger root
2 T. hemp seed
2 T. coconut oil
1 c. water
1-2 c. ice

Cinnamon Power

3 large eggs
1/2 c. almond milk
1 diced pear
3 T. (1/2 medium) avocado
2 t. cinnamon
1/4 c. ice

Rise & Shine

3 c. non-dairy milk
2 ripe bananas
1-1/2 seedless navel oranges, peeled
2-1/2 c. frozen mango chunks

Shredded coconut, for garnish (optional)

Pumpkin Persimmon

1 ½ c. non-dairy milk

½ c. pumpkin puree

1 ripe persimmon

1½ T. cocoa powder

1½ T. coconut butter or cream

1 T. grass fed gelatin

1 t. sea salt

8-16 drops Stevia or honey to taste

Banana Berry

1 frozen banana

1/2 c. blueberries

1/2 c. strawberries

1 T. almond butter

1/2-1 c. non-dairy milk

Ice (optional)

Paleo Shamrock

1/2 c. coconut milk

1/4 avocado

2 drops mint extract

1/2 banana

Handful of baby spinach

Ice

Water

Breakfast Smoothie

2 c. frozen berries

2/3 c. shredded coconut

1 c. almond milk

1-2 eggs



Orange Greensicle

2 handful baby greens
¼ c. raw cashews or ¼ avocado
1 T. unflavored beef gelatin
2 T. coconut butter or oil
2 navel oranges, zested, and peeled
2 cups non-dairy milk
½ c. frozen mango
Stevia or honey to taste
Chia seeds (optional)

Piña Colada

1 large banana
¾ c. crushed pineapple (or 1-1/4 cup fresh)
2 T. shredded coconut
1 c. non-dairy milk
1-1/2 c. ice



Almond Strawberry Banana

- 1 Ripe Banana
- 1/2 c. Sliced Strawberries
- 1c. Almond Milk
- 1/4 c. Plain Almonds

Spinach Blueberry

- 1-2 c. of washed baby spinach
- 1 c. frozen blueberries
- 3 ice cubes
- 1 T. almond or cashew butter
- 1 T. coconut manna (optional)
- 1 t. cocoa powder
- 1/2-1 c. non-dairy milk

Blueberry Acai

- 1 c. coconut milk
- 1 1/2 frozen bananas
- 1 c. frozen blueberries

1 c. frozen strawberries
1 c. acai juice
3/4 c. ice

Hangover Smoothie

2 frozen bananas, sliced
4 small dates, pitted
1 T. peanut butter
1 T. chia seeds
1/2 c. non-dairy milk
1/4 c. water

Chocolate Pudding Green

2 T. cocoa powder
1 small banana
1 T. almond butter
1 c. vanilla almond milk
1 1/4 c. baby kale
A dash of cinnamon (optional)
A few ice cubes, if desired

Pear Power

2 pears
1/2 frozen banana
1 c. kale
1 c. vanilla coconut milk
1/2 t. cinnamon
1/4 c. ice

Mango and Peach Protein

1 1/2 c. water
2 frozen bananas
1 raw egg
1 mango
1 peach
3 dates, pitted
5 T. raw almonds
2 T. shredded coconut

Protein Green

1 carrot

3 broccoli florets
a handful of kale
6 frozen strawberries
1/2 c. water
1 scoop protein powder
1/2 large cucumber

Pumpkin Cranberry

1 c. non-dairy milk
1/2 c. pumpkin puree
1/4 c. frozen fresh cranberries
1/4 c. raw, soaked cashews
1 small apple
1/2 orange
2 T. coconut cream or coconut butter
3/4 t. cinnamon
5-10 drops stevia liquid, honey, or maple syrup to taste.

Orange

3 Oranges
1/2 c coconut milk (canned)
1/8 c honey (optional)
1 tsp vanilla
1 c ice

Sesame Chocolate Chip

1 1/2 c. coconut milk
2 T. chia seeds
2 T. sesame seeds
2 T. almond butter
2 T. honey
2 T. chocolate chips (dairy-free)
1 T. coconut oil
1/2 t. vanilla (optional)
1 1/2 c. ice

Banana Eggnog

2 ripe bananas
1/4 c. applesauce
2 T. chia meal
1 t. vanilla
1/2 t. cinnamon
1/8 t. cloves
pinch nutmeg

1 1/2 - 2 c. non-dairy milk

20 ice cubes

Peppermint Mocha

1 c. coffee

1/2 medium banana, frozen

2 T. avocado

2 T. mint leaves

2 t. cacao powder

1/4 c. ice

Pumpkin Spice

1/3 can of Pumpkin

1 c. almond milk (vanilla)

1-2 t. cinnamon

1 egg

1 1/2 scoops vanilla whey protein

7-9 ice cubes

Banana Yum

7 oz unsweetened coconut milk

1 spoonful almond butter

1 scoop egg protein (optional)

1 spoonful unsweetened cacao

1 handful spinach

1 handful ice

1 banana

1/2 tsp honey (optional)



Green Frozen Lemonade

2 c. baby spinach
3 T. lemon juice
1/2 c. water
1 c. ice cubes
1 T. honey

Chocolate Lime Macadamia

1/2 c. almond milk
1 small banana
1 lime, juiced
1/4 c. macadamias, salted
2 T. cacao nibs
1 T. coconut palm sugar
2 t. cinnamon
1/4 c. ice

Pumpkin Pie

3/4 c. canned pumpkin

1/2 c. canned full fat coconut milk
1/2 c. water
1 c. crushed ice
1-2 t. honey or maple syrup
1 t. ground cinnamon
1/2 t. pumpkin pie spice
1/2 t. ground nutmeg

Creamy Coconut Macacado

1/2 c. water
1/4 c. ice
4 T. avocado
1 small banana
3/8 c. macadamias
10 T. shredded coconut

Apple Cinnamon Butter

1/2 c. water
4 T. avocado
1/2 medium papaya
1 small apple
1/4 c. ice
1 t. cinnamon

Buttery Coffee

1 c. coffee, cold
1/4 c. avocado
2 large egg yolks
1 T. coconut palm sugar
1/4 c. ice
2 T. coconut oil, melted

Strawberry Pistachio

1/4 c. water
1/4 c. ice
2 c. sliced strawberries
1/4 c. pistachios

Strawberry Ginger

1/2 c. citrus kombucha
1/2 medium banana
1 c. Cold sliced strawberries

1 t. ground ginger
1/4 c. ice

Berry Protein

4 strawberries
1/2 c. blueberries
1/3 c. raspberries
1 c. spinach
1 c. vanilla protein powder
1-2 c. plain or greek yogurt
2 T. honey
Handful ice

Carrocado

1 c. carrot juice
1/2 medium avocado
1/2 c. ice

Cocodamia Nut Blueberry

1 fl oz water
1/2 c coconut milk
1/4 c macadamia nuts
3/8 c frozen blueberries

Chocolate, Spinach, & Mint

8oz coconut milk
Handful spinach
8 large mint leaves
T. dried cranberries
2oz walnuts
1 t. cocoa powder
Dash of coconut flakes

Pumpkin Banana Bread

1 c. cultured coconut milk
1/4 c. ice
2 T. pumpkin
1 small banana
1 T. shredded coconut
4 t. cinnamon

Dark Chocolate Blackberry

2 ripe bananas, frozen
1 c. blackberries
1 c. raw milk
2 T. raw cacao

Traditional Green

1 apple
1 pear
1/2 t. grated ginger
2 T. flax seed
6 large kale leaves
juice of 1 small lemon
1 c. water

Cookie Smoothie

1 c. almond milk
2 raw eggs
2 dried pitted dates
1 T. maple syrup
2 T. chia seeds
1 T. coconut
2 T. oats
1/2 t. vanilla
1/4 t. cinnamon
ice and raisins (optional)

Apple Pie

1 banana
1/2 c. spiced apple butter
1 c. ice
1 c. almond milk
2 T. almond butter
1 t. vanilla extract
1 t. maple syrup
1/2 t. pumpkin pie spice
Freshly grated nutmeg for topping

Key Lime Pie

2 T. key lime juice
1 t. key lime zest
1 c. non-dairy milk

1 ripe frozen banana
¼ t. vanilla
2 drops Stevia or 1 pitted medjool date
1 T. sunflower butter
2 c. organic baby spinach
4 ice cubes
vegan vanilla whipped topping (optional)
gluten-free graham cracker pieces

Almond Butter Chocolate

2 T. almond butter
2.5 T. cacao powder
1.5 scoops of whey chocolate protein powder
1 c. almond milk, vanilla
1 egg
8 ice cubes

Try a Paleo smoothie and see the difference it can make in your health today!

ABOUT US

The Blokehead is an extensive series of instructional/how to books which are intended to present quick and easy to use guides for readers new to the various topics covered.

The Series is divided into the following sub-series:

1. The Blokehead Success Series
2. The Blokehead Journals
3. The Blokehead Kids Series

We enjoy and welcome any feedback to make these series even more useful and entertaining for you.

Feel free to drop us a feedback on any of these websites:

Amazon

<http://amazon.com/author/theblokehead>

Facebook

<https://www.facebook.com/theblokehead>

Get Notice of Our New Releases Here!

<http://eepurl.com/7tcHf>

Check Out Our Other Books

Habit Stacking Series

Habit Stacking: How To Change Any Habit In 30 Days

<http://www.amazon.com/dp/B00PHGPIJK>

Habit Stacking: How To Beat Procrastination In 30+ Easy Steps (The Power Habit Of A Go Getter)

<http://www.amazon.com/dp/B00PHQIZ9K>

**Habit Stacking: Goal Setting:
How To Set SMART Goals & Achieve All Of Them Now**

<http://www.amazon.com/dp/B00PNCV59K>

Habit Stacking: How To Write 3000 Words & Avoid Writer's Block (The Power Habits Of A Great Writer)

<http://www.amazon.com/dp/B00PNDKE1E>

Health

Borderline Personality Disorder: 30+ Secrets How To Take Back Your Life When Dealing With BPD (A Self Help Guide)

<http://www.amazon.com/dp/B00PQXVHL2>

Ebola Outbreak Survival Guide 2015: 5 Key Things You Need To Know About The Ebola Pandemic & Top 3 Preppers Survival

<http://www.amazon.com/dp/B00PH8QKG8>

**Super Immunity SuperFoods:
Super Immunity SuperFoods That Will Boost Your Body's Defences& Detox Your Body for Better Health Today!**

<http://www.amazon.com/dp/B00QH01KH4>

**The Ultimate Body Weight Workout:
Transform Your Body Using Your Own Body Weight**

<http://www.amazon.com/dp/B00QE5VCW4>

Art

Creative Confidence: How To Unleash Your Confidence, Be Super Innovative & Design Your Life In 30 Days

<http://www.amazon.com/dp/B00PSFV3EO>

Doodling: How To Master Doodling In 6 Easy Steps

<http://www.amazon.com/dp/B00PRHKE0W>

**Mind Mapping: Step-by-Step Beginner's Guide
in Creating Mind Maps!**

<http://www.amazon.com/dp/B00PSI0VVW>

**Minimalist: How To Prepare & Control Your Minimalist Budget In 30 Days Or Less
& Get More Money Out Of Life Now**

<http://www.amazon.com/dp/B00PUMNOT2>

Bitcoin: The Ultimate A - Z Of Profitable Bitcoin Trading & Mining Guide Exposed!

<http://www.amazon.com/dp/B00PUMNI48>

Emotional Vampires: How to Deal with Emotional Vampires & Break the Cycle of Manipulation. A Self Guide to Take Control of Your Life & Emotional Freedom

<http://www.amazon.com/dp/B00QAJ7HGA>

**Religion For Atheists: The Ultimate Atheist Guide & Manual On The Religion
Without God**

<http://www.amazon.com/dp/B00QEYMAXQ>

Scrum - Ultimate Guide to Scrum Agile Essential Practices!

<http://www.amazon.com/dp/B00QAJ7DXW>

Self Sufficiency: A Complete Guide for Family's Preparedness and Survival!

<http://www.amazon.com/dp/B00QAS3HD8>

Table of Contents

[Title Page](#)

[Table of Contents](#)

[Publishers Notes](#)

[Introduction](#)

[Chapter 1- Global Importance & The History of Smoothies](#)

[Chapter 2- Multitude Benefits of Green Smoothies](#)

[Chapter 3- 10 Day Green Smoothie Cleanse](#)

[Chapter 4- Thirty Tips For Great Green Smoothies](#)

[Chapter 5- 50 Paleo Smoothie Recipes](#)

[About Us](#)